What Kind of Parent Are You?
Available On-Demand
Parenting style + temperament (yours and your child’s) can affect your child’s behavior and emotional outcomes. Learn all about it — and how it can influence your child’s happiness and success.

Teaching Kids About Kindness, Empathy, and Being a Good Citizen
Available On-Demand
Raising kind humans means encouraging empathy and good citizenship — and it all starts in the early years. Find out how to manage your expectations, boost kindness, and inspire your child to care for their community and environment.

Explaining War and Global Conflict to Young Children
Available On-Demand
How do we answer young children's difficult questions about war? How should we respond when children act out violent themes and war in their play? We tackle these questions and more with our experts.

Discovery Driven Learning
Available On-Demand
Hands-on, minds-on — that’s how children learn best. Hear why learning through play is so important and find out how Discovery Driven Learning™ creates a foundation for early education at Bright Horizons.

What Working Parents Need to Succeed
Tuesday, May 24, 2022 at 3:00 p.m. ET
What’s on working parents’ minds? We asked, you told us. Tune in as we reveal our annual research from this year’s Bright Horizons Modern Family Index.

Young Kids and Gender Identity
Thursday, June 9, 2022 at 2:30 p.m. ET
Our panel of experts discuss how children 0-8 years old learn about gender, and how you can help a child who has questions about gender.

Teaching Kids About Diversity, Equity, and Inclusion
Tuesday, June 28, 2022 at 3:00 p.m. ET
Encouraging young children to appreciate the beauty of differences makes them less likely to hold biases and discriminate later on in life. Learn how to help your child build the skills needed to embrace diversity.
Go Outside and Play!
Tuesday, July 19, 2022 at 2:30 p.m. ET
Outdoor play: it’s more than a breath of fresh air. Find out how it contributes to your child’s imagination, encourages healthy risk taking, builds resilience and confidence, and inspires STEM skills.

Returning to Work After Parental Leave
Tuesday, August 23, 2022 at 3:00 p.m. ET
Headed back to work after spending time at home with a new baby? Whether you’re feeling anxious, stressed, guilty, excited — or all of the above — we’ve got strategies you can use to prepare for the logistics and mental load of it all.

Managing Screen Time in the Digital World
Thursday, September 22, 2022 at 12:30 p.m. ET
Remote school and video chats have made screen time more normal at an early age. Learn how to negotiate screen time for your child, set healthy boundaries, and navigate your increasingly digital life.

Building Healthy Eating Habits for Life
Wednesday, October 26, 2022 at 3:00 p.m. ET
Nutrition impacts so much: mood, energy, focus, and more. Plus, it’s especially important for your child’s development. Find out how to work around cost, busy schedules, and picky eaters to build healthy habits for life.

The Sandwich Generation Stress
Wednesday, November 16, 2022 at 3:00 p.m. ET
No matter where your elder loved ones live, caregiving logistics can be a lot to manage — especially on top of caring for your child. Watch to learn how to navigate your emotions and responsibilities…and where to find help.

Becoming a Resilient Parent
Tuesday, December 13, 2022 at 3:00 p.m. ET
We don’t have to tell you that the work-family balancing act is a challenge — you’re living it. In this webinar, we’ll give you some stress-relief strategies to help build your resilience.

All dates and times are subject to change